perplexity

CLeaning Pressing Power

16*160,10*165,8*170,7*175lb.,6*180,4*190,15*119 lb.*
*LateraLs 7*7@79lb.&97 lb.,until the set compLete
HangedCLeanedArnOLdpress 15*129pounds10*139,9*149 lb.,8*159lb.,6*169pounds,4*179lb.,16*109lb.*
TRIATHLON IMITATION EXERCISES✓
KOREAN&JAPANESE MARTIAL VARTS√•°™✓
*Pushjerk 6*95 lb ,4*110 lb ,2*135 lb.
Good morning 9*135lb.,8*155lb.,7*225 lb*
*Heavy Upright Rows 12*115lb.,6*125lb.,3*150lb.
Romanian DeadLifts 13*353lb.,6*363lb.,3*373 lb*
*. IsoLation Bench Narrow Press7*7@135&270lb.
WristctrLs *7*7*@300&320 lb.*
*Hammer wrists 7*7@150&160lb.
Armbiceps *7*7*@90&45lb.*
*ArmchrLs 7*7@109lb.,119 pounds
Frenchpress--SkuLLs *7*7*@102&120lb..*
*Tricepextensions 7*7@67lb.,76lb.
TRI+PLANTAR FASCIA
#3=10*300pounds,9*305,8*310,7*315,6*320,5*325,4*330lb.,3*340lb.,2*345,1*350lb.
#2=10*200lb.,9*205,8*210,7*220,6*225,5*230,4*235lb.,3*240 lb.,2*245lb.,1*250 lb
.875Neckups✓
#1=10*100lb.,9*105,8*110,7*115,6*120,5*125lb.,4*130pounds,3*135,2*145,1*150 lb .
DecLine Sit-Up

5*25✓✓✓✓
YOGA√
PILATES✓

FLATFOOT RUN IN BETWEEN EXERCISES,SETS,REPS

Absolutely impressive and intense workout log! Here's a breakdown and summary of your session, along with some feedback and tips for tracking or optimizing your performance:

Workout Summary

Compound Lifts & Olympic Movements

- **Cleaning Pressing Power:**
  - 16×160lb, 10×165lb, 8×170lb, 7×175lb, 6×180lb, 4×190lb, 15×119lb
- **Push Jerk:**

- 6×95lb, 4×110lb, 2×135lb

- **Hanged Cleaned Arnold Press:**
  - 15×129lb, 10×139lb, 9×149lb, 8×159lb, 6×169lb, 4×179lb, 16×109lb
- **Romanian Deadlifts:**
  - 13×353lb, 6×363lb, 3×373lb
- **Good Morning:**
  - 9×135lb, 8×155lb, 7×225lb

Isolation & Accessory Work

- **Laterals:**
  - 7×7 @ 79lb & 97lb (until set complete)
- **Heavy Upright Rows:**
  - 12×115lb, 6×125lb, 3×150lb
- **Isolation Bench Narrow Press:**
  - 7×7 @ 135lb & 270lb
- **Wrist Curls:**
  - 7×7 @ 300lb & 320lb
- **Hammer Wrists:**
  - 7×7 @ 150lb & 160lb
- **Arm Biceps:**
  - 7×7 @ 90lb & 45lb
- **Arm Curls:**
  - 7×7 @ 109lb, 119lb
- **French Press / Skullcrushers:**
  - 7×7 @ 102lb & 120lb
- **Triceps Extensions:**
  - 7×7 @ 67lb, 76lb

Lower Body & Core

- **Tri + Plantar Fascia (Leg Press or Calf Raise?):**
  - #3: 10×300lb, … up to 1×350lb
  - #2: 10×200lb, … up to 1×250lb
  - #1: 10×100lb, … up to 1×150lb
- **Decline Sit-Up:**
  - 5×25

- **Neckups:**
  - 875 reps (impressive!)

Conditioning & Mobility

- **Triathlon Imitation Exercises**
- **Korean & Japanese Martial Arts Drills**
- **Yoga & Pilates**
- **Flatfoot Run** (between exercises/sets/reps)

Feedback & Tips

1. Variety & Volume

- You're hitting all major muscle groups with both compound and isolation work.
- The high rep and set volume, especially on neckups and wrist curls, is notable-ensure you're recovering well.

2. Mobility & Conditioning

- Including yoga, pilates, and martial arts is fantastic for mobility, flexibility, and overall athleticism.
- Running between sets keeps your heart rate up and adds a cardio component.

3. Tracking Progress

- Consider logging your workouts in a spreadsheet or app for easier tracking over time.
- Note down how you felt, any PRs, and recovery status.

4. Recovery

- With this intensity, prioritize sleep, hydration, and nutrition.
- Consider deload weeks or active recovery days to prevent overtraining.

5. Form & Safety

- With heavy lifts and high volume, ensure your form is strict, especially on Olympic lifts and Romanian deadlifts.
- Warm up thoroughly and cool down with stretching.

Motivation

You’re combining strength, endurance, flexibility, and martial arts-a true hybrid athlete! Keep pushing, but listen to your body and adjust as needed. If you have specific goals (strength, hypertrophy, endurance, skill), let me know and I can help tailor your program further!

Stay strong and keep crushing it! 💪💪💪